

# CHINMAYA MISSION

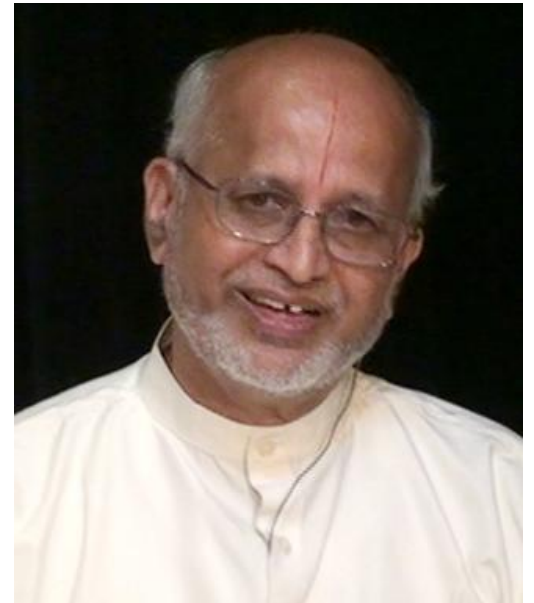
Washington Regional Center  
Kailas Niwas, 46 Norwood Road, Silver Spring, MD  
(A nonprofit religious organization registered in Maryland)



## Role of Spirituality in Joyful living based on Sri Rama Gita Two Day Camp on May 28 and 29

Even modern science agrees role of spirituality in a joyful living. A retired scientist by profession Acharya Dr. Sadananda will share the greatest wisdom available in the ancient scriptures of Hinduism. Unique methods of teaching by Sadaji provide ample practical tips for our day-to-day life. Over the years many people benefited from his spiritual camps.

Sri Rama's teaching to Lakshmana, often described as sruti-sara-sangraha is a brief summary of the very essence of all the Vedas.



<b>Meditation</b>	8:30am – 9am	<b>Lunch Break *</b>	Noon – 2pm
<b>Session 1</b>	9am - 10:20am	<b>Session 3</b>	2pm - 3:20pm
<b>Tea Break *</b>	10:20am - 10:40am	<b>Tea Break *</b>	3:20pm - 3:40pm
<b>Session 2</b>	10:40 Noon	<b>Session 4</b>	3:40pm – 5pm

**\* Free Lunch, tea, coffee and snacks will be provided.**

**CMWRC will provide babysitting services subject to the availability of volunteers**

**Please register before May 25:** Camp is **FREE** but registration required. Send email to [campMD@chinmayadulles.org](mailto:campMD@chinmayadulles.org) with Your Name(s), Children Names and Age, Address and Phone number; for more Information contact Subbarao Kari @703-981-1808.

**Directions:** I-495 to exit 28 North for New Hampshire Ave (towards White Oak), drive approx. 6 miles and make a left on Norwood Road. CHINMAYAM is the 4th building on the left